



Mango Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 1 cup fat-skimmed chicken broth
- 1 tablespoon ginger fresh minced
- 1 teaspoon ground cinnamon
- 0.3 cup juice of lime
- 1.3 cups apricot-mango nectar
- 4 servings salt
- 32 oz boned frozen

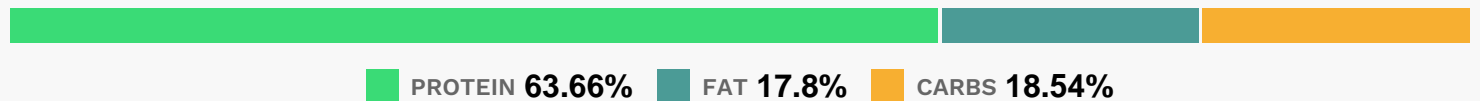
Equipment

frying pan

Directions

- Place chicken in an 11- to 12-inch frying pan.
- Add mango nectar, broth, lime juice, ginger, and cinnamon. Cover and bring to a boil over high heat. Reduce heat and simmer until meat is no longer pink in center of thickest part (cut to test), 15 to 20 minutes total.
- Transfer chicken to a platter and keep warm.
- Boil pan juices over high heat, uncovered, until reduced to 1 cup, about 5 minutes.
- Mix cornstarch with 3 tablespoons water, pour into sauce, and stir until boiling.
- Pour over chicken.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:22.904347855112%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 314.86kcal (15.74%), Fat: 6.05g (9.31%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.55g (4.93%), Sugar: 10.11g (11.23%), Cholesterol: 145.15mg (48.38%), Sodium: 693.66mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.66g (97.32%), Vitamin B3: 24.08mg (120.38%), Selenium: 74.24µg (106.05%), Vitamin B6: 1.73mg (86.39%), Phosphorus: 487.38mg (48.74%), Vitamin B5: 3.38mg (33.79%), Potassium: 902.21mg (25.78%), Vitamin C: 19.29mg (23.38%), Magnesium: 64.22mg (16.05%), Vitamin B2: 0.24mg (14.36%), Vitamin A: 619.86IU (12.4%), Vitamin B1: 0.16mg (10.39%), Vitamin B12: 0.57µg (9.45%), Zinc: 1.37mg (9.14%), Manganese: 0.16mg (7.89%), Iron: 1.28mg (7.1%), Copper: 0.09mg (4.73%), Vitamin E: 0.65mg (4.3%),

Folate: 16.86µg (4.22%), Calcium: 34.51mg (3.45%), Fiber: 0.61g (2.46%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.33µg (1.27%)